

## Campus trees give bloom to allergies

Spring is here and the campus is alive with flowers, but not everyone at UNLV can stop and smell the roses.

The increase in rainfall has changed the blooming pattern of several types of flora on campus, causing the spring allergy season to start early.

"Because of the damp and rainy climate, there has been an increase of at least 10-20 percent of students and faculty members this season, who are coming into the Rebel Wellness Center having allergy problems from pollen because of the rapid climate change," said senior pharmacist Anne Hartig.

The three trees that have recently been blooming on campus - apple blossoms, cherry blossoms and mulberry trees - usually do not blossom until mid-spring.

"Whenever it rains my nose starts running as if I have a cold," said alumnus Nathan Vaisbort.

A common allergic reaction to pollen is a combination of runny nose, sneezing, nasal congestion and an itchy, dry throat.

"The wind makes my allergies even worse. The entire day my eyes get puffy and that itchy feeling," Vaisbort said.

Some people are highly allergic to pollen and the rapid blooming of numerous highly pollinated plants can cause hospitalization or staying home for days to avoid contact with high doses of pollen.

"I was out of work and school for two days because of my allergies," said junior Kristena Atwood.

If students have noticed an increase in allergic reactions this season that have not been present in prior years, it is a good idea to go to an allergist to find out what exactly they are allergic to.

If allergies are causing symptoms such as chronic sinus infections, nasal congestion or difficulty breathing, students should consider seeing an allergist.

An allergist is a physician who specializes in the diagnosis and treatment of asthma and other allergic diseases and should also be seen if over-the-counter medications do not control allergy symptoms.

"When I went to an allergist they told me that I am allergic to most grass, weeds and trees," Atwood said.

Hartig recommends that before you reach the first stages of a sinus infection to take Claritin, a non-drowsy antihistamine.

"It does not matter which allergy relief medication you take," Hartig said, adding that generic products are just as potent as brand name their brand-name competitors.

Hartig recommends Allegra, where a prescription is necessary, or Claritin D, which only requires a signature and a Nevada State Drivers license.

Both Allegra and Claritin D are for the relief of symptoms associated with seasonal allergies.

For those who prefer the all-natural route, it is recommended to use a saline wash once a day at the end of the day to remove any pollen trapped in your nasal passage.

"A saline solution is the closest remedy to natural bodily fluids," Hartig said. "Some people use pots or squeeze bottles. Once again it does not matter what brand as long as it works for the individual."

The Rebel Wellness Center does not carry saline solution bottles, but Target sells their name brand "up-and-up" of nasal spray in the pharmacy for \$2.

For people who are on pain medications, Hartig recommends the all-natural route since most nasal decongestions cause high blood pressure and

could slow their reaction time.

Immunotherapy, the last and least enjoyable remedy for allergy issues, is a series of allergy shots that are given to patients every other week.

Gradually, the injections get stronger and stronger. In most cases, the allergy problems decrease over time.

## About the Author

Cold and Flu Symptoms Sinus Infection Symptoms Natural AntiVirals

Ear Aches, Sinus Infections, and Allergies Natural Cures

Home Remedy For Sinus Infection

Sinus Infection Cures Answerbag

Sinus Infections

Sinus Infection Treatment, Naturally

How To Cure Sinus Infection Naturally

Skin Conditions

Sinusitis: Causes, Symptoms, Tests, and Treatment

The Natural Way to Sinus Infection Relief: Homeopathic and Herbal

<http://unlvrebelyell.com/2010/...>

Source: <http://productsherbal.com>